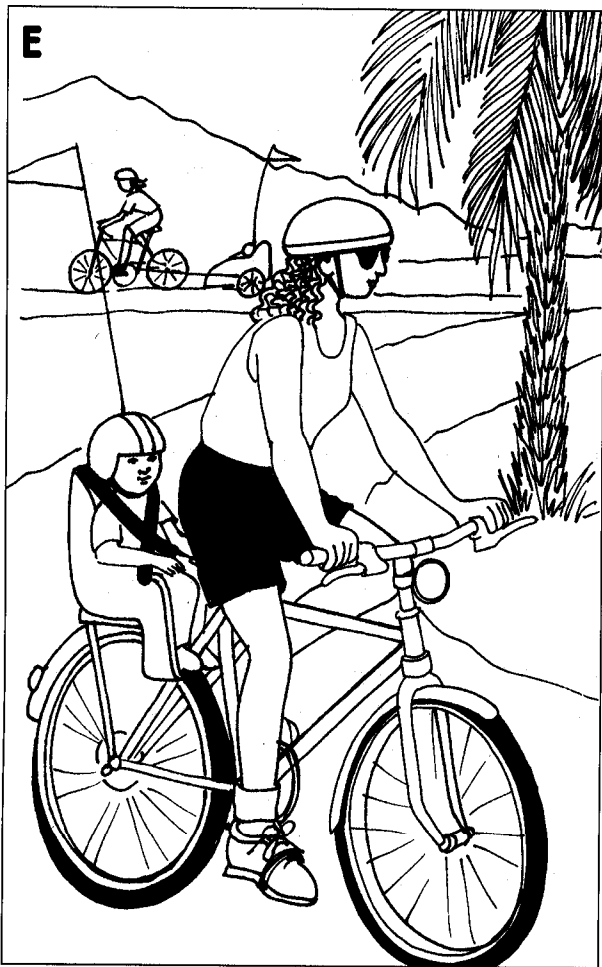


**D**  
Start helmet use early - even when riding a tricycle or play vehicle.



**E**  
Only children over age one have the neck strength to wear helmets and ride on the back of bikes.

## Head out safely

Wearing a bike helmet is the most important way for your child to stay safe on a play vehicle, tricycle, or bike. A helmet can reduce the risk of head injury by 85 percent when worn correctly.

Toddler helmets are lightweight, because a toddler's neck is not strong enough for a regular helmet. Also, these helmets come down low around the back of the head for more coverage (**D**).

Choose a helmet that meets current safety standards. Look for a CPSC<sup>1</sup>, ASTM<sup>2</sup>, ANSI<sup>3</sup>, or Snell<sup>4</sup> sticker inside the helmet. By 1999, every new helmet must meet the CPSC standard.

Insist that your child wear a helmet whenever she rides. If your child's preschool uses tricycles, work with the school to make helmets available. Urge the school to have a policy requiring helmet use.

## The right fit

- Make sure the helmet covers the upper part of the forehead and sits level on the head.
- Use the foam pads inside to fit the helmet snugly so it doesn't slip around.
- Adjust the chin strap tightly enough so the helmet pulls down when the child opens his mouth.

<sup>1</sup>Consumer Product Safety Commission  
<sup>2</sup>American Society for Testing and Materials  
<sup>3</sup>American National Standards Institute  
<sup>4</sup>Snell Memorial Foundation

## Carrying your child safely on a bike

Never carry a baby under age one on a bicycle. A baby does not have the neck strength to wear a helmet. Her back is not strong enough to sit straight with the motion of the bike.

When a child is old enough to ride on an adult's bike, only a skilled rider should carry him. Ride only in safe areas like parks, bike paths, or quiet streets.

- Make sure both adult and child wear properly fitting helmets.
- Make sure the child carrier has a high back, a lap and shoulder harness, and foot guards to keep feet away from the spokes.
- Check that the carrier is fastened firmly to the bike.
- Buckle the harness snugly around the child.

**For more information, call the  
 NHTSA Auto Safety Hotline: 1-888-DASH-2-DOT  
 or visit the NHTSA web site, [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov).**

**See Tip Sheet #11 for pedestrian and bicycle  
 safety tips for school-age children.**

